

## SACRED STORY AFFIRMATIONS



My Sacred Story takes a lifetime to write.  
Be Not Afraid: Fear comes from the enemy  
of my human nature.  
The pathway to God's peace and healing  
runs through my heart's brokenness, sin,  
fear, anger and grief.  
God resolves all my problems  
with time and patience.



I will have difficulties in this life.  
There are just two ways to cope with  
my difficulties. One leads to life, one to death.  
I will choose life.



"Impossible" is not a word in God's vocabulary.  
Sacred Story leads to my freedom and  
authenticity, but does not always  
make me feel happy.  
I will not tire of asking God for help since  
God delights in my asking.



The urge to stop Sacred Story practice always  
comes before my greatest breakthroughs.  
It is never too late to open my heart to  
Christ and live my life as Sacred Story.

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Christ, who is close to the brokenhearted,  
restores my lost innocence.

Christ, who walked before me,  
shares my every burden.

Christ, who has walked before me,  
will help me resolve every crisis.

Christ, who walked before me,  
knows my every hope.

Christ, who has walked before me,  
knows everything I suffer.

Christ, who has walked before me,  
will always lead me home to safety.



I will strive to curb temptations  
to react to people and events.

I will ask myself what causes my anger and  
irritation at people and events.

I will seek to identify the source of my  
anger and irritation.

I will give thanks for what angers and  
upsets me for identifying their source  
will help to set me free.

I will strive to listen, watch and pray; listen,  
watch and pray. I will listen, watch and pray!



I alone control Christ's ability to transform my  
life into a Sacred Story.

The process begins when I ask for the grace  
to honestly name my sins and addictions.

The process continues when I invite Christ to  
illuminate my narcissism.

Only God's grace and mercy can write my  
Sacred Story.



The path to my Sacred Story is Creation,  
Presence, Memory, Mercy, and Eternity

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## SACRED STORY PRAYER

### CREATION

I believe God created everything in love and for love; I ask for heart-felt knowledge of God's love for me, and for gratitude for the general and particular graces of this day.

### PRESENCE

I believe God is present in each moment and event of my life, and I ask for the grace to awaken, see and feel where and how, especially in this present moment.

### MEMORY

I believe every violation of love committed by me and against me is in my memory and I ask God to reveal them to me, especially those that have manifested themselves today so I can be healed.

### MERCY

I believe that forgiveness is the only path to healing and illumination. I beg for the grace of forgiveness and the grace to forgive especially for the general and particular failures of this day, and from my past.

### ETERNITY

I believe the grace of forgiveness opens my heart making my every thought, word and deed bear fruit that endures to eternity. I ask that everything in my life serve Christ's Great Work of Reconciliation.



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Your ways, O Lord, make known to me; teach me your paths. Guide me in your truth and teach me, for you are God my savior, and for you I wait all the day.

Good and upright is the Lord; thus he shows sinners the way. He guides the humble to justice, and teaches the humble his way.

All the paths of the Lord are kindness and constancy toward those who keep his covenant and his decrees.

The friendship of the Lord is with those who fear him, and his covenant, for their instruction.

(Ps 25; 4-5, 8-9, 10, 14)



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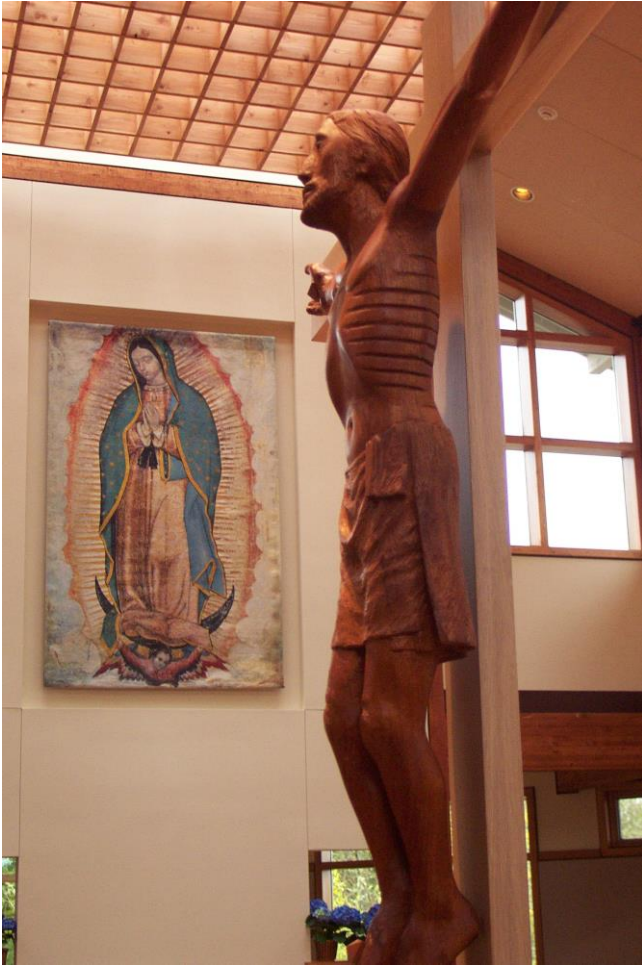
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## Suscipe



*Take, Lord, and receive all my liberty,  
My memory, my understanding  
And my entire will,  
All I have and call my own.*

*You have given all to me.  
To you, Lord, I return it.*

*Everything is yours; do with it what you will.  
Give me only your love and your grace.  
That is enough for me.*



## Anima Christi



*Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from the side of Christ, wash  
me Passion of Christ, strengthen me  
Good Jesus, hear me  
Within the wounds, shelter me  
From turning away, keep me  
From the evil one, protect me  
At the hour of my death, call me  
Into your presence lead me  
To praise you with all your saints  
Forever and ever.*

*Amen!*



## Prayer for Generosity



*Lord, teach me to be generous.  
Teach me to serve you as you deserve;  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labor and not to ask for reward,  
save that of knowing that do your will.*

St. Ignatius Loyola



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## Foundations Prayer

A paraphrase by William Watson, S.J.



*For and through whom everything was made,  
is Christ Jesus. I live because he loves me.  
To praise and serve him alone  
with all my mind, heart, and strength is my freedom –  
my only freedom.*



*I shall not prejudice any path in following him:  
for I can praise him equally  
in my health and sickness.  
I can distinguish myself in service to his Kingdom with  
great wealth, modest means, or having nothing at all  
to call my own.*



*He is the anchor of my joy and peace  
Whether I am disgraced or lauded.  
In his all-embracing love I taste eternity,  
whether my days are numbered great or small.*



*Christ Jesus alone is the treasure of my heart.  
I shall ever listen for his call,  
And follow unreservedly.  
For in everything I can love and praise him,  
And find my eternal joy.  
Amen.*

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